

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The survey of acupressure's effect on cervical ripening, initiation and outcome of labor in term nulliparous women

Protocol summary

Summary

The cervical ripening is one of the main stage in start of delivery and it,s necessary for successful labour. This study was done with theaim of determining the effect of acupressure on cervical ripening, initiation and outcome of labour. In this randomized clinical trial, 150 primigravida with term pregnancy referring to Deziani hospital in Gorgan were chosen and they were put in three group. 1. Acupressure which was done by researcher 2. By mother 3 . Control group(routine care) In two case groups(1 , 2) daily pressure on six splenic or sanynjyayv for 20 minutes about 5 days was done. About 48 before intervention, 96 hours after that and at the time of hospitalization the elements were checked from cervical ripening and initiation of labour point of view. The tools for gathering information were demographic characteristics and midwifery history questionnaire, daily record and follow up forms. Content validity is used for validity of tools. Reliability of observation check list and physical examination was confirmed by interrater(inter observer) and test-re-test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204239542N1**

Registration date: **2012-08-09, 1391/05/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-08-09, 1391/05/19

Registrant information

Name

Khadijeh Ghobadi

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 212401022

Email address

kadijehg@yahoo.com

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2011-06-19, 1390/03/29

Expected recruitment end date

2011-12-21, 1390/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The survey of acupressure's effect on cervical ripening, initiation and outcome of labor in term nulliparous women

Public title

Effect of acupressure on labor onset

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: 18-35 years old Primigravida Singleton pregnancy Cephalic presentation Gestational age from 39 to 41 weeks Bishop Score \leq 4 Low risk pregnancy Not taking herbal or chemical drugs, 36 hours before and up to end of the study. Not having sexual intercourse 24 hours before and up to end of the study. Exclusion criteria: The following lead to excluding the elements

during study: 1-Taking chemical or herbal drugs. 2- Having sexual intercourse 3-High risk pregnancy

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahid Beheshti University of Medical Sciences

Street address

Next to Taleghani hospital, Evin, Shahid Chamran Highway, Tehran, Iran

City

Tehran

Postal code

Approval date

2011-06-12, 1390/03/22

Ethics committee reference number

400/2157

2

Ethics committee

Name of ethics committee

Shahid Beheshti University of Medical Sciences

Street address

Next to Taleghani hospital, Evin, Shahid Chamran Highway, Tehran, Iran

City

Tehran

Postal code

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

400/2157

Health conditions studied

1

Description of health condition studied

cervical ripening and initiation of labor

ICD-10 code

O80.0

ICD-10 code description

Spontaneous vertex delivery

Primary outcomes

1

Description

Cervical ripening

Timepoint

Before intervention, 48 and 96 hours after intervention and at the time of hospitalization

Method of measurement

Examination

2

Description

Onset of labor

Timepoint

Before intervention, 48 and 96 hours after intervention and at the time of hospitalization

Method of measurement

Examination

Secondary outcomes

1

Description

Type of delivery

Timepoint

at last of study

Method of measurement

Hospital document

2

Description

Using of oxytocin

Timepoint

at last of study

Method of measurement

Hospital document

3

Description

first stage of labor

Timepoint

at last of study

Method of measurement

hospital documents

4

Description

second stage of labor

Timepoint

at last of study

Method of measurement

hospital documents

5

Description

Neonatal Apgar

Timepoint

at last of study

Method of measurement

hospital documents

Intervention groups

1

Description

1. Accupressure which was done by researcher 2. By mother In two case groups (1,2) daily pressure on six splenic for 20 minutes about 5 days was done.

Category

Prevention

2

Description

Control group: routine care

Category

Prevention

Recruitment centers

1

Recruitment center**Name of recruitment center**

Deziani Educational Center

Full name of responsible person

Khadijeh Ghobadi

Street address

Deziani Educational Center, Gorgan, Golestan, Iran

City

Gorgan

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr. Masoumeh Simbar

Street address

Deputy of Research, School of Nursing and Midwifery

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shahid Beheshti University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact**Name of organization / entity**

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Khadijeh Ghobadi

Position

Master of Midwifery

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

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Other areas of specialty/work**Street address**

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty